

## **ADMINISTRATION ON AGING**

### **Evidence-Based Disease Prevention – Physical Activity**

**Organization:** Neighborhood Centers, Inc. (NCI)

**Project Title:** NCI Activity Centers for Seniors (NCI-ACES)

**Project Period:** 09/30/2003 TO 09/29/2006

**FY 2003 Award Amount:** \$200,000

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**Model:** The proposed intervention will be based on a population-based health promotion model.

#### **Project's Overall Design:**

The goal of this project is to increase the physical activity levels in older adults through a managed physical activity program at 20 senior centers in Houston, Texas. The senior centers are located in impoverished, urban settings. Outreach and engagement activities will be implemented, as well as, health screenings and assessments.

#### **Partnerships:**

- NCI is the Community Aging Service Provider (CASP)
- Harris County Area Agency on Aging (AAA)
- Christus St. Joseph Hospital Community Outreach is the healthcare provider organization
- University of Houston Graduate School of Social Work
- Texas Southern University Center on Aging and Intergenerational Wellness
- Care for Elders of Harris County, a local partnership supported in part by the Robert Wood Johnson Foundation's Community Partnerships for Older Adults Program

#### **Target Population:**

The project will target people 50 and older who are serviced by the NCI Senior Centers. This population is primarily low-income, predominantly African-American, Hispanic, and Indochinese elderly persons who are at significant risk of chronic diseases.

**Anticipated Outcomes:**

- By the end of Year 1, participants age 55 and older, will be participating actively in an evidence-based, well-managed physical fitness program at the NCI Senior Centers.
- Those participating in the physical activity programs for at least 10 consecutive months will have experienced significant improvements in conditioning, fitness and health status.